

was cut up and divided among the neighbors, a like portion to be returned when the recipient "killed." We were all honest, in those days, and it was a rare thing to hear of dishonesty in such matters. By this method, we always knew what we were consuming; we had no "meat inspector," for the animals we consumed were known to be in good health. Then there was poultry—turkeys, ducks, geese and chickens. Our fruits were gathered from the forests, or woodlands, sometimes miles away, and, as we knew nothing of "self-sealing jars," the fruits were dried, preserved or pickled, and, in some instances, could be kept in the natural state for use as wanted. There was always a supply of nuts to be had for the gathering.

If farmers, and village people, would make it a point to have a good plot of ground for the raising of vegetables, and put them away properly for winter use, there would be much better "living" in the regions distant from the well-stocked markets. People eat too much meat, at all times, and it would conduce greatly to their better health if more vegetables, fruits, nuts and cereals were substituted for flesh in the daily meals. Many families might make cheese, as well as butter, and in a great many cases, cheese is better than the best of meats.

#### The New Corset

Says the Delineator for March: "The new corset, which is essential to a smart attire, shows a marked change in shape, much to the betterment. Its curves are more pronounced. The bust line is higher and more prominent, while the waist tapers sharply downward under the arms, giving an effect of slenderness quite incredible when compared with its actual length in inches. The sides of the corset slant upward and outward from the belt in hour-glass

#### A NECESSARY EVIL

Experience of a Minister Who Tried To Think That of Coffee

"A descendant of the Danes, a nation of coffee drinkers, I used coffee freely till I was 20 years old," writes a clergyman from Iowa. "At that time I was a student at a Biblical Institute, and suddenly became aware of the fact that my nerves had become demoralized, my brain dull and sluggish and that insomnia was fastening its hold upon me.

"I was loath to believe that these things came from the coffee I was drinking, but at last was forced to that conclusion, and quit it.

"I was so accustomed to a hot table beverage and felt the need of it so much, that after abstaining from coffee for a time and recovering my health, I went back to it. I did this several times, but always with disastrous results. I had about made up my mind that coffee was a necessary evil.

"About this time a friend told me that I would find Postum Food Coffee very fine and in many respects away ahead of coffee. So I bought some and, making it very carefully according to the directions, we were delighted to find that he had not exaggerated in the least. From that day to this we have liked it better than the old kind of coffee or anything else in the way of a table drink.

"Its use gave me, in a very short time, an increase in strength, clearness of brain and steadiness of nerves; and sleep, restful and restoring, came back to me.

"I am thankful that we heard of Postum, and shall be glad to testify at any time to the good it has done me." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

fashion, and the same effect is seen in the spring of the hip. The graceful curves thus secured are equally noticeable in the profile of the back. Taking the belt-line as the natural point of division, the centerback rises about it in a true vertical, while the downward curve springs suddenly outward at an angle of nearly ninety degrees. This provides ample space for the play of the muscles in sitting down, walking and dancing. It supports the skirts, and adds to the durability of the corsets, as the strain in bending, sitting and lounging is now obviated by the roominess of the corset. \* \* \* The straight front has been retained, and with the downward curve of the waist-line, plenty of space behind the steels is left for the natural expansion of the lungs when breathing, and of the stomach during its period of activity.

"The fleshy woman finds this free place in front particularly advantageous, since it accommodates and conceals, without inconvenience and without injurious effects, such superfluous fullness as mars the figure. The slender woman, on the other hand, fills out the space with a heart-shaped satin sachet. The ridge that formerly marked the lower edge is no longer seen, as all the bones and steels end some distance from the bottom, and their tips are prevented from riding up by the firm hold of the garters that are attached to the lower edge of the corsets at each side and in front.

#### For the Toilet

For the face that is rough-skinned, muddy-complexioned, with "black-heads" and enlarged pores, this treatment is recommended by one of our best beauty-culturists: Have a basin of soft, warm water and a soft wash-cloth. Wring the cloth out of the warm water, and apply repeatedly to the face, for fifteen minutes, or until the flesh is soft and pink; then, press out as many of the black-heads (which is nothing but dirt which has lodged in the pores and been allowed to remain, from imperfect cleansing of the face), as possible without bruising the skin; apply a drop of alcohol diluted with equal parts of water, to each pore thus freed from the dirt. Then wash the face well with clean warm water made into a lather with pure castile soap, using the hands to wash with, instead of a cloth; rinse in several cooler waters until all the soap is removed, dry well, and rub into the skin a little cold cream. This must be kept up every night until the blackheads are all gone; then, using the softening process and washing well, apply the following astringent to the whole face letting it dry on: Four ounces of distilled witch hazel in which has been dissolved one dram of boracic acid. This will gradually close the pores and, if the face is kept clean, the black heads will not appear again. This must be attended to regularly, if good results are desired, and it may take a long time to make the skin smooth and clear. After the astringent is dry, rub in freely and well the skin food. Unless one is good at making up creams, it is best to experiment with small quantities, or buy the ready-made article from some reliable druggist.

Vaseline, rubbed well into the scalp (not on the hair) is one of the very best things for falling hair. For inducing a growth of the eyebrows nothing is better. For the eyelashes, it should be rubbed on the lids along the edge where the lashes start. It is better not to get it into the eyes, but it is not harmful. Use it freely every night.

#### Cooking Macaroni

As potatoes will usually be scarce "about these days," macaroni, properly cooked, will take their place sat-

isfactorily. It is not expensive, and can be used in various ways. It is claimed that it gives power of endurance without overtaxing the digestion. As usually cooked, it lacks flavor, because of the careless manner of preparing it. Of the proper methods of cooking, Mrs. Rorer says: "In general, macaroni requires plenty of water to cook it properly, at least two quarts of salted water should be used for one-fourth pound of macaroni, which is enough for six persons. The pipes may be put in whole, or broken in short pieces; the water should be boiling hard, and should be well salted. Italians cook it twenty minutes, but most Americans prefer it cooked thirty to forty minutes. It should be lightly tossed with a fork while cooking to prevent sticking and should be boiled until tender. When tender, turn it into a colander and drain. Pour cold water through to blanch it, and to wash off the starch which gathers on the surface of the pipes. It is then ready for use, and for the various combinations with other foods."

Macaroni Plain.—As much macaroni as you wish boiled as above; then put on a hot plate; take one tablespoonful of butter and heat in a cup; pour it over the macaroni, with a little grated cheese, salt (if needed) and pepper, and serve hot.

Macaroni with Tomato Sauce.—Put into a kettle three ounces of lard, one onion cut fine, and one can of tomatoes; season with salt and pepper; cook over a hot fire for half an hour, stirring constantly. When done, pour half a tumbler of water in the tomato sauce. Prepare the macaroni as above; put into a large dish and scatter over the macaroni one tablespoonful of butter and one tablespoonful of grated cheese, and pour over all the tomato sauce.

The excellence of macaroni as a food is just beginning to be appreciated among all classes, and the American product is said to be much better than that which is imported.

#### Query Box

L. D.—See your physician about the "brown spots covered with hair." There may be harmless methods of removing moles, but it is best not to meddle with them unless under wise advice.

Mrs. C.—Do not forget that I can not "answer by return mail." It takes some time to sort out letters for this department from the hundreds daily received, and often they reach me too late to do any good.

Ella M.—The egg shampoo is nourishing to the hair. The yolk contains iron and sulphur, and the white contains a mild alkali which unites with the oil of the glands and forms a cleansing lather. The whole egg should be used.

L. M.—Your best plan will be to write to the Department of Agriculture, Washington, D. C., for information and printed matter regarding silkworms and silk culture. The recipe mentioned will be given in due time. Thanks for remembrance.

G. H.—Send to superintendent of documents, government printing office Washington, D. C., inclosing ten cents in silver (stamps not accepted) and ask for Bulletin 85, Bureau of Plant Industry, for information on mushroom growing. I have not found any one who thinks it is a particularly money-making business. There must be "conditions" and work in order to make them pay, financially.

Cecelia.—The sulphur, used according to the recipe given, it is claimed, will darken red hair. For the eyebrows and lashes, see answer to "Anxious." (2) Long lashes and heavy eyebrows are largely a matter of temperament. The mental temperament gives scant eyebrows and lashes, fine hair, and not too much of it. (3) For the tired eyes, use an eye cup, and bathe in a saturated solution of boracic acid; or a solution of

salt and water—teaspoonful to a pint of water; or a teaspoonful of refined borax dissolved in a pint of water. The water may be quite warm. Use as often as you wish.

#### A Home-Made Cough Candy

During the changeable weathers we are now having, many children cough a great deal, and an excellent cough candy that the children will take simply because it is candy, may be made as follows: Soak a gill of whole flax seed in a half pint of boiling water; in another dish, put a cupful of broken bits of slippery elm and cover this also with boiling water. Let these stand for two hours. Then strain them both through a muslin cloth into a sauce pan containing one and a half pounds of granulated sugar; extract all the liquor that you can; stir until the sugar is melted, and then boil it until it turns to candy; pour it out at once when it reaches this point, onto greased papers. The candy is more palatable if the juice of two lemons is added to it after it has cooked for ten minutes.

## No Capital Needed

It is no easy matter to set up in business for one's self today. Capital is needed to do that. And sufficient capital is not easy to get.

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